

# PENPERGWM HOUSE

## Planned Activity Programme for Week: Monday 27th January 2025

Monday 27th		<b>11.00am</b>	<b>2.30pm</b>
	Garden Room	Exercise Class	Aesop's Fables
	Studio	Morning Quiz	Three Tenors Concert on Big Screen
Tuesday 28th		<b>11.00am</b>	<b>2.30pm</b>
	Garden Room	Poetry	Chinese New Year Talk
Mary the Hairdresser	Studio	1-1s with Abbie using Rita Tablet	Trip out
Wednesday 29th		<b>11.00am</b>	<b>2.30pm</b>
	Garden Room	Morning Exercise	Sing-along in Foyer
	Studio	The Bryn for Coffee	2pm Chinese New Year Craft
Thursday 30th		<b>11.00am</b>	<b>2.30pm</b>
	Garden Room	Antarctica Talk with Rachael Duncan	Finishing Lines
	Studio	Scrabble	Men's Club with Georgie
Friday 31st		<b>11.00am</b>	<b>2.30pm</b>
	Garden Room	Exercise	Dominos
Happy Birthday Margaret	Studio	Knit & Natter	Art Therapy
Saturday 1st February		<b>11.00am</b>	<b>2.30pm</b>
		Saturday Morning Comedy Programme	Puzzle Club
Sunday 2nd		Songs of Praise	Residents Choice Of Movie

There are multiple 1:1s & other ad hoc activities happening throughout the week and an opportunity to attend Church on most Sundays.

# **Daily Routine at Penpergwm House**

**8am – 9.30am**

**Breakfast in Dining Room**

(or you can choose to have in your own room)

**10.30am**

**Tea and Coffee & Biscuits**

Will be served on a trolley across all communal areas and rooms

**10.45am-12pm**

An arranged activity will be going on –  
see the programme on the reverse.

**12.30pm**

**A Freshly Cooked Lunch Will Be Served In The Dining Room**

**2.30pm**

An arranged activity will be going on –  
see the programme on the reverse.

**3.45pm**

**Afternoon Tea & Coffee & Freshly Baked Biscuits/Cakes**

Will be served across all communal areas and Resident's rooms.

**5.30pm**

**Supper Will Be Served In the Dining Room**

You are more than welcome to have supper in your room, at a  
time you wish, if you  
prefer